

## STATE of MINNESOTA

Proclamation

WHEREAS: Caregiving can be a rewarding experience, but it is physically and emotionally

demanding; and

WHEREAS: The stress of dealing with caregiving responsibilities leads to higher risks of

health issues for the nation's 90 million family caregivers; and

WHEREAS: One out of five caregivers surveyed agreed they have sacrificed their own

physical health, while caring for a loved one; and

WHEREAS: Maintaining a healthy diet is one of the most important things caregivers can do

to take care of themselves; and

WHEREAS: The recognition of families as valued caregivers is growing every year; and

WHEREAS: It is imperative to encourage caregivers to take care of themselves and their own

nutrition, as well as the nutrition of their loved ones, so they can continue to

provide care; and

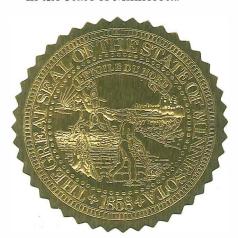
WHEREAS: Family caregivers must remember to pay attention to their own physical and

mental wellness, and get proper rest and nutrition.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim the month of November 2016 as:

## FAMILY CAREGIVER MONTH

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 28<sup>th</sup> day of October.

GOVERNOR

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